

Trim Healthy WISDOM



The **Wizzy Shake Up** is a two-week immersion into “**Wizzy Ways**” to jumpstart healing and transformation. It’s intensive and may not be for everyone, but if you want to jump in, this resource will be helpful. **NOTE:** All recipes can be found in the [*Wisdom Recipe Collection*](#).

Wizzy Meal & Snack Overview

- **Breakfast** – Wizzy E Meal (or XO Meal, but only twice a week)
- **Lunch** – Wizzy E Meal
- **Dinner** – Wizzy S Meal
- **Snacks** – Wizzy S, Wizzy E, or FP. An afternoon snack is encouraged. A morning snack is optional but should include extra protein after a morning workout (See page 567, THW).

Getting Started Notes

- **Meal Flexibility:** Follow the meal plan on page 451, but arrange meals as needed. If two large salads per day feel like too much on the two days they are both included, swap in *Pearl’s Best Ever Salmon* or a “*Chicken and Veggie*” meal for lunch.
- **Beverages & Additions:** Coffee or tea is allowed with meals/snacks—just cream them up in FP-ish ways (see page 485). If you find they help you, feel free to use the *Food Peace Preloader (FP)* (page 331) or the *Burner Shots (FP)* before meals. Add *Side Protein & Fiber Chocolate, Strawberry or Vanilla Milk (FP)* to

any meal or snack for extra fullness. If your meal lacks protein, always feel free to add a half serving of Optimized Collagen or Optimized Whey to your coffee or have a half serving of ESSENTIAL in water.

- **Transitioning from Past Diets:** If you're coming here directly from a keto or low-carb diet, ease into carb meals to avoid sugar spikes. Start with smaller sweet potatoes and lower-sugar fruits (apples, peaches, pears, papaya, oranges) instead of higher-sugar options (pineapple, bananas, mango). Choose slower-burning grains like quinoa over rice. *The Food Peace Preloader (FP)* (page 331) and *Burner Shots (FP)* (page 249) can help your body adjust.

See “**The Get Started with the Wizzy Shake Up** Chapter 29 on pages 446-456

See “**The Wizzy Shake Up Bullets**” on Page 455 for details.

This guide includes both a **Simple Prep Day** and an **In-Depth Prep Day** option. Choose the one style that suits you best. While a prep day isn't required, these tips can make the Wizzy Shake Up easier!

Simple Prep Day for The Wizzy Shakeup

~ **Sweet Potato Prep – Baked or Crockpot Method**

It is a great idea to bake a bunch of sweeties at once like this (slower, lower temps keep glycemic index lower). Then, you can use them for multiple meals during the week. After baking, put your sweeties in the fridge as this raises resistant starch and makes them even easier on blood sugar.

- **Baked:** Wash the sweet potatoes, prick them, and bake them at 320 degrees for around 90 minutes.
- **Crockpot:** Wash the sweet potatoes, prick them, and place them in a crockpot. Cook on low until soft, which takes 4-6 hours, depending on your crockpot.

See the ***Stuffed Sweetie Bowl (E or XO)*** in the [Wisdom Recipe Collection](#) for more details.

~ **Lean Chicken Breast Prep**

Grill, poach, or bake lean chicken breasts to prepare pre-cooked chicken for the week's meals. See the Bashed Chicken (FP) recipe in the [Wisdom Recipe Collection](#) for an easy poached chicken idea.

~ **Salad Greens Prep**

Wash, cut, and store your greens appropriately for the week's salads (or purchase pre-washed bags or tubs of leafy greens).

~ **Fresh Veggies & Fresh Fruit Prep**

Wash, cut, and store any veggies and fruits you would like to have ready to go alongside your meals and snacks.

~ **Grains & Bean Prep:** Cook brown rice, quinoa, and any bean of choice in batches to last all week.

~ **Cauli-Rice Hack (FP) Prep**

This is an excellent recipe to have batch-cooked and on hand for various Wizzy Recipes (especially the *Savory Bowls* – see WRC)

~ **Extra Methylating Lentil Soup (E)**

Prepare a batch of this soup to be used throughout the week.

~ **Optimized Aunty Pearls Muffins (E or XO)**

If desired, prepare a batch of muffins for a ready-to-go snack.

~ **Overnight Kefir Oats or Overnight Kefir Quinoa (E)**

If you want to include these recipes from the WRC, assemble the ingredients in jars and store them in the fridge.

~ **Protein Strong Trim Healthy Pancakes (E)**

If you want to incorporate these into your week, pre-make the large recipe batch. You can utilize three pancakes for breakfast or two for a snack with a drink that contains more protein, such as the *Side Protein & Fiber Chocolate, Strawberry, or Vanilla Milk (FP)*

~ **Food Peace Preloader Prep (FP)**

If wanting to include this wisdom helper, assemble the ingredients in small jars so they are ready and available when you want to add them to your meal.

See the [*Wisdom Recipe Collection*](#) for the recipes mentioned above.

In-Depth Food Prep Day for The Wizzy Shakeup

With Recipe Outline

Meal prepping is a game-changer for anyone looking to streamline their week and save time. Having a food preparation day where you prepare most of your meals in advance can help you stay on track with your nutritional goals. Read on for a quick overview and get comfortable with some of the delicious **Wizzy Recipes** from the [Wisdom Recipe Collection](#). Then, read further about how to prepare a whole week of **Wizzy Meals**. Please see the Wisdom Recipe Collection for the recipes that are mentioned.

Breakfast Options: Starting the Day Right

For a balanced breakfast that fuels your body, you can choose from various options. For all 7 days of your week, you'll focus on E breakfasts. In the Wizzy Shake Up chapter, we recommended either an oatmeal or quinoa bowl 5 days a week for a combination of grains, protein, and healthy fats to kickstart your metabolism. If you have a lot of trouble with grains, you could sub in the E version of the Omelet Bowl or enjoy an E smoothie from the WRC. An E smoothie may be more suitable if you have to consume your breakfast while driving to work (or perhaps you love smoothies). If so, you can utilize lean kefir in your smoothie or nut milk, fuel it with Optimized Plant or Optimized Whey protein, and include some frozen berries plus a frozen fruit such as frozen cherries or peaches. So, in summary, you don't have to have an oatmeal or quinoa bowl for 5 of the 7 days if the omelet bowl or an E smoothie suits you better. You can enjoy Two Faced Toast or Protein Strong Trim Healthy Pancakes on the other two days of the week.

- **Nested Oatmeal or Lemon Cream Oats – (E or XO)** These oatmeal variations are great for a protein-packed & filling breakfast. You can add toppings like nuts, seeds, or fruits to suit your preferences.

- **Overnight Kefir Oats or Kefir Loves Oats – (E or XO)** If you prefer kefir in the morning, these overnight oats are a great option. Kefir adds probiotics and additional protein, making your breakfast both tasty and gut friendly.
- **Nested Quinoa or Overnight Kefir Quinoa (E)** – For those who prefer quinoa over oats, these options are an excellent alternative, providing a complete protein source and a boost of fiber.
- **Omelet Bowl (E Version)** – A delicious and easy option if you want something savory. The omelet bowl provides protein, healthy carbs (in the form of diced sweet potatoes and/or black beans), vegetables, and healthy fats.
- **Two-Faced Toast (E)** – If you want something both sweet and savory, this breakfast will keep you satisfied.
- **Protein Strong Trim Healthy Pancakes(E)** – This pancake recipe makes a hearty breakfast, it fuels your lean body mass and if made the night before, you can smear the pancakes with a small amount (1 teaspoon nut butter divided onto the three pancakes) with a little All Fruit Jelly and eat them on the way to work.
- **Royal Smoothie (E or XO)** – This smoothie is dairy-free yet fully supplies your Protein Nerd Level 3 needs. It is excellent for those who have to eat on the go or on their way to work.
- **Pecan Banana Smoothie (E or XO)** – The flavors of pecan and banana merge beautifully. The subtle, earthy hemp flavor of the TH Optimized Plant Protein Powder makes this not only satisfying but also fantastic for those who have to eat on the go or on their way to work.
- **Yuck Yum (E or XO) (Choose one of choice from the WRC)** – Enjoy while driving to work or on a busy morning when you are on the go!

Lunch Options: Energizing Midday Meals

Lunchtime provides a great opportunity to enjoy a balanced meal packed with protein, veggies, and healthy carbs. These options will keep you feeling satisfied and energized

throughout the day. Remember, always feel free to add the Side Protein & Chocolate Milk to fill up further if needed.

- **Chicken Rice Bowl (E or XO)** (½ cup brown rice version) – Perfect for meal prepping, this meal is easy to assemble and can be customized with various veggies and protein.
 - **Protein Avocado Toast (E or XO)** or **Open-Faced Tuna Toast (E)** – For two days, you can enjoy the benefits of healthy fats and protein with these hearty toast options.
 - **Extra Methyating Soup (E)** – This hearty soup is not only warming but also full of amazing nutrients. It's a great option for two days, and you can freeze the leftovers or share them with your family.
 - **Apple Tuna & Walnut Salad (E or XO)** – A refreshing salad featuring tuna and apple, offering a nice balance of protein and fiber.
 - **Stuffed Sweetie Bowl (E or XO)** – A sweet and savory bowl filled with nutritious ingredients like sweet potatoes, veggies, and protein.
 - **Sweet Potato, Black Bean, and Chicken Salad (E or XO)** – A flavorful and filling salad with a great combination of lean protein, fiber, and complex carbs.
- ❖ *These lunches will keep you fueled for the second half of your day and can be prepared in advance. You can customize the salads and bowls to fit your taste preferences.*

Dinner Options: Nutrient-Dense & Satisfying Evening Meals

Dinner is a time to unwind and enjoy a satisfying meal. These options include a variety of lean proteins, hearty salads, and colorful vegetables.

- **Goats in the Berry Patch Salad (S)** – A nutrient-packed salad perfect for two nights. You can use salmon for both nights, or switch it up with chicken, tofu, or tempeh if preferred.

- **Noochy Greens Salad (S)** – Another great option for two nights, featuring a rich, cheesy flavor from nutritional yeast paired with vibrant greens and veggies and a favorite protein of choice.
- **Pearl's Best Ever Salmon OR Chicken & Veggies (S)** – This meal is ideal for three nights. You can use salmon or chicken breast or swap it for white fish, tofu, or tempeh. This versatile meal is both plant and protein strong and is sure to keep you satisfied and is easy to customize based on your preferences.
- ❖ *These dinners will satisfy you for the remainder of your evening; most can be prepared in advance. You can customize the salads and bowls to fit your taste preferences.*

Afternoon Snack Suggestions: A Protein Boost ~ Get a Full 25 Grams of Protein!

Getting a full 25 grams of protein in your afternoon snacks is key to maintaining lean body mass and energy levels. These options are not only delicious but also packed with protein to help you stay full between meals.

- **Food Peace Preloader Snack (FP)** – A satisfying, protein-packed snack that can be made in advance. Check out page 331 of THW for the snack size version of this recipe.
- **Two-Faced Toast (E or XO)** – If you didn't have it for breakfast, it can make a great afternoon snack, providing a healthy dose of protein and fiber. (You can have just one piece if you are not a huge snacker in the afternoon... pair with a protein-infused drink like ESSENTIAL)
- **Fruit 'n Protein (E)** – This is a simple and refreshing snack. Add fruit with a serving of protein powder, such as TH ESSENTIAL in water or TH Optimized Whey, for a quick boost.
- **Lemon Cheesecake Bowl (E, S XO or FP)** – A creamy, protein-rich dessert that doubles as a snack.

- **Glory Be Kefir Bowl (FP, E, S or XO)** – Another kefir-based option for those who enjoy a tangy, probiotic-rich snack.
- **Charlie’s Kefir Pudding (FP, E, S or XO)** – A delicious, creamy snack that’s high in protein and can be prepared beforehand.
- **Pre-cooked Chicken Breast with a side of Fresh Veggies (FP)** – Sliced cucumber is an excellent choice of veggie. This effortless snack is easy to prep and pack. Add a sprinkle of nutritional yeast for extra flavor.
- **Sweet or Golden Potato with Protein (E)** – This simple option is for those who enjoy a pick-me-up carb with their snack. Top a pre-baked potato with a little Mineral Salt and pepper or cinnamon and Gentle Sweet and pair with ESSENTIAL or some TH Optimized Collagen in a coffee for a protein boost.
- **Ryvita Crackers or Thin Rice Cakes with Lean Protein (E)** – Top these crispy bases with lean protein for a quick snack. If you need extra protein, pair them with a protein shake.
- **Protein Strong Trim Healthy Pancakes (E)** – Enjoy two. (Add some extra protein in a drink)
- **Autumn’s Protein Brownie Batter (S)** – (Add some extra protein in a drink)

Wizzy Beverage Options

If you’re not in the mood for solid snacks on a particular day, try one of the following drink options.

- **Iced or Hot Coffee (FP)** with a full serving of TH Optimized Whey Protein – A great way to sneak in protein while enjoying your coffee.
- **Full-Size Protein & Fiber Chocolate Milk (FP)** – A creamy, chocolatey drink that’s packed with protein and fiber. You may also like the Strawberry and Vanilla option.

- **Wizzy Smoothies (FP)** – Choose from non-kefir or kefir smoothies from the WRC, depending on your preference, keep it snack-sized.
- **Full Serving TH ESSENTIAL**—This will not be a very filling snack and may not suit most people; however, it may suit those who do not feel any hunger in the afternoon and who lose too much hunger for dinner if they take fuel later in the afternoon.

Steps for a Successful Food Prep Day

Quick Recap

Step 1: Prep Your Kitchen

Review the recipes, and shop for needed ingredients. On Prep Day, set out ingredients, kitchen tools, and containers.

Step 2: Batch Cook Your Wizzy Staples

Choose which staples/recipes you want to prep for the week from the list above.

Step 3: Portion, Store & Label

Portion and store pre-cooked ingredients in containers, then place them in the refrigerator for easy use throughout the week. Labeling containers by day or meal benefits many, as it can help you to stay on track. Keep the dressings for salad separate until serving.

Step 4: Enjoy Your Week!

With everything prepped, you'll have quick, balanced meals ready!

Other Prep Day Tips for Success

- ✓ **Stay Flexible:** Mix and match ingredients to keep meals interesting.
- ✓ **Clean as You Go:** Prevent a messy kitchen by tidying up during prep.
- ✓ **Make It a Habit:** Establish a weekly prep routine for stress-free meals.

Repeat this plan for Week 2 of your Wizzy Shake Up!